PHYSICIAN INFO SHEET – PGx-SUPPORT Study

Pharmacogenomics-Supported Psychotropic Prescribing Trial

Pharmacogenomic testing is an evidence-based strategy for informing the selection and dosing of medications.

Which Medications?

The PGx-SUPPORT study is focused on psychiatric medications, but >85 medications have pharmacogenomic-based prescribing guidelines, including:

Brain Health
- Antidepressants
- Antipsychotics
- Anticonvulsants

Cardiovascular Health
- Statins
- Antiplatelets
- Beta blockers

Pain Management
- Opioids
- NSAIDs

Gastrointestinal Health
- Proton pump inhibitors
- Antiemetics

Cancer Care
- Thiopurines
- Tamoxifen

Infection Management
- Antifungals
- Antivirals

Clinical Practice Points

- Pharmacogenomic testing is a companion decision-support tool – results do not substitute for good clinical practice or a replacement for required medical surveillance when delivering care.
- Testing may be useful for the following individuals:
  - Starting a medication with a pharmacogenomic-based prescribing guideline
  - No or minimal response to a medication despite high adherence
  - Side effects at low doses
- At this time, testing is NOT recommended to inform prescribing of:
  - Commonly used ADHD medications (i.e., methylphenidate, clonidine, guanfacine). *There are limited recommendations for amphetamine-based medications (lisdexamfetamine, dextroamphetamine) and the non-stimulant medication atomoxetine.*
  - Anxiolytics or hypnotics (e.g., benzodiazepines)
  - Vitamin supplementation (e.g., folate)

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Eligibility Criteria

- Age 18 years or older
- Planning to start/change/augment a psychiatric medication
- Physician requests testing (if you give them our email, that is considered a request)
- Residing in Manitoba

Referral Process

- Two options:
  1. Ask your patient or their caregiver to email pharmpgxlab@umanitoba.ca
  2. Send us the patient's contact (phone and e-mail) information (with their permission)

Study Procedures

- Upon receipt of a referral, we will send your patient a survey link that contains electronic consent and questionnaires. Depending on the complexity of their medical history, this can take them up to an hour to complete.
- We then mail or hand out a saliva kit with a pre-paid return envelope to them. Participants MUST complete consent and baseline questionnaires before a saliva collection kit will be mailed to them.
- Once your patient consents to the study, you will receive a link to a survey (~20 minutes) asking about your current clinical impression of the referred patient and planned medication changes that will help us tailor the test report. You will receive a similar link within two weeks after the patient is discharged from your unit.
- The typical turnaround time for the test results is about two weeks from the date we receive the saliva sample.
- Test results are sent to the patient and referring physician.

Please do not hesitate to reach out to **pharmpgxlab@umanitoba.ca** if you have questions or would like more information.

This study has been approved by the University of Manitoba Health Research Ethics Board (HREB) (HS26637(H2024:279)), Shared Health Research and Innovation (SH2024:148), and Provincial Health Research Privacy Committee (PHRPC No. P2024-103).

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